

CONVENIENCE
MEAL PLAN



MEAL 1

DAY 1



CHICKEN DETOX ELIXIR

495 KCAL (P: 24, C: 26, F: 33)

DAY 2



BEEF BLISS BOWL IN
BUFFALO SAUCE

495 KCAL (P: 24, C: 26, F: 33)

DAY 3



ZESTFUL ZOODLE

654 KCAL (P: 65, C: 35, F: 34)

DAY 4



SMOKEHOUSE CHICKEN
HEALTHY WRAP

589 KCAL (P: 26, C: 57, F: 30)

DAY 5



PRIME BEEF DELIGHT
BURGER

677 KCAL (P: 42, C: 56, F: 31)

MEAL 2



COASTAL CATCH

481 KCAL (P: 32, C: 28, F: 28)



AVOCADO AVENGER

654 KCAL (P: 65, C: 35, F: 34)



THE FIREBIRD

394 KCAL (P: 26, C: 26, F: 22)



THE AUTUMN HARVEST

671 KCAL (P: 37, C: 54, F: 36)



THE ORCHARD

478 KCAL (P: 13, C: 50, F: 29)

SNACK



GREEN FUEL

212 KCAL (P: 7, C: 18, F: 12)



GOLDEN BITES

268 KCAL (P: 5, C: 40, F: 20)



CRISP & CREAM

322 KCAL (P: 8, C: 38, F: 15)



CRUNCH THEORY

276 KCAL (P: 4, C: 25, F: 15)



GOLDEN BITES

268 KCAL (P: 5, C: 40, F: 20)

BEVERAGE



CITRUSY MANGO PUNCH

171 KCAL (P: 1, C: 40, F: 0)



REVITALISING ACAI

168 KCAL (P: 4, C: 37, F: 0)



ANTIOXIDANT VERY BERRY

201 KCAL (P: 2, C: 46, F: 0)



ORANGE JUICE

135 KCAL (P: 2, C: 31, F: 0)



THE GREEN SUPERPOWER

171 KCAL (P: 4, C: 38, F: 0)